

FOOD DISTRIBUTION PROGRAM ON INDIAN RESERVATIONS
MONTHLY DISTRIBUTION GUIDE RATES BY HOUSEHOLD SIZE
Effective: October 1, 2004

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
BREAD, CEREAL, RICE, AND PASTA									
Cereal, Dry (all sizes)	1	2	3	4	5	6	7	8	Corn, Oat, Rice, Bran
Quick Oats (42 oz. package)	1 per 2 mos.	1	2	2	3	3	4	4	
Farina (14 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	
Macaroni & Cheese (1 package) and Macaroni (1 lb. box) or Macaroni (1 lb. box) or Spaghetti (2 lb. box)	1 1 2 1	2 2 4 2	3 3 6 3	4 4 8 4	5 5 10 5	6 6 12 6	7 7 14 7	8 8 16 8	NOTE: Pasta and rice may be substituted on a pound-for-pound basis. Any combination of pasta and rice cannot exceed 4 pounds per person. EXCEPTION: Macaroni & Cheese shall not exceed 1 package per person.
Rice (2 lb. package)	1	2	3	4	5	6	7	8	
Egg Noodles (1 lb. package)	1	2	3	4	5	6	7	8	
Cornmeal or All Purpose Flour or Whole Wheat Flour (5 lb. bag)	2	4	6	8	10	12	14	16	
Bakery Mix (5 lb. bag)	1 per 4 mos.	1 per 2 mos.	1	1	2	2	2	2	
Saltine Crackers (1 lb. box)	1 per 2 mos.	1	2	2	3	3	4	4	

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VEGETABLES									
Canned Vegetables (#300 can)	9	18	27	36	45	54	63	72	Carrots, Corn Kernel, Corn Cream, Green Beans, Peas, Potatoes, Spinach, Mixed Vegetables, Sweet Potatoes, Pumpkin, Diced Tomatoes, Tomato Sauce
Spaghetti Sauce (#300 can)	1	2	3	4	5	6	7	8	
Dehydrated Potatoes (1 lb. package)	1	2	3	4	5	6	7	8	
Canned Soups (#1 can)	2	4	6	8	10	12	14	16	Tomato, Vegetarian Vegetable
FRUIT									
Canned Fruit (#300 can)	9	18	27	36	45	54	63	72	Applesauce, Apricots, Peaches, Pears, Pineapple, Fruit Cocktail
Dried Fruit (15-16 oz. package)	1	2	3	4	5	6	7	8	Dried Plums, Raisins
Canned Juice (46 oz. can)	3	6	9	12	15	18	21	24	Apple, Grape, Grapefruit, Orange, Pineapple, Tomato, Cranberry-based
NOTE: May substitute 1 can of vegetable for 1 can of fruit, up to 4 cans of fruit per person.									

Household Size	1	2	3	4	5	6	7	8	
Commodity	Number of Items Per Month								Choices
MEAT, POULTRY, FISH, DRY BEANS, EGGS, AND NUTS									
Canned Meat/Poultry/Fish (12-30 oz. can) or Canned Meat/Poultry/Fish (1.8 lb. can) and Frozen Ground Beef * (1 lb. package) or Canned Meat/Poultry/Fish (1.8 lb. can) and Frozen Ground Beef * (1 lb. package) and Frozen Cut-up Chicken* (approx. 2.50-3.75 lb. package)	3 1 3 1 1 1	6 2 6 2 2	9 3 9 3 3	12 4 12 4 4	15 5 15 5 5	18 6 18 6 6	21 7 21 7 7	24 8 24 8 8	Beef, Luncheon Meat, Chunky Beef Stew, All-White Meat Turkey, Tuna * Frozen Ground Beef and Frozen Chicken are available only to approved ITOs and SAs determined eligible to receive these products. Substitution Rates: 1 can of meat/poultry/fish = 2 frozen ground beef = 1 frozen chicken
NOTE: Households may apply the substitution rates up to the following maximum rates of issuance: 3 cans of meat/poultry/fish per person; 3 frozen ground beef per person; 1 frozen chicken per person. Canned products 15.5 oz. or smaller are issued on a 2 for 1 basis.									
Dry Beans (2 lb. bag)	1	2	3	4	5	6	7	8	Pinto, Great Northern, Baby Lima
Canned Vegetarian Beans (#300 can) or Canned Lowfat Refried Beans (#300 can) or Canned Kidney Beans (#300 can)	2	4	6	8	10	12	14	16	NOTE: May be substituted on a pound-for-pound basis.
All Purpose Egg Mix (6 oz. package)	2	4	6	8	10	12	14	16	
Smooth Peanut Butter (18 oz. package) or Roasted Peanuts (12 oz. can)	1 1	2 2	3 3	4 4	5 5	6 6	7 7	8 8	

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Commodity	Number of Items Per Month								Choices
MILK, YOGURT, AND CHEESE									
Block Process American Cheese or Sliced Reduced-fat Cheese Blend (5 lb. loaf)	1 per 2 mos.	1	2	2	3	3	4	4	
Evaporated Milk (12 oz. can)	4	8	12	16	20	24	28	32	
Instant Nonfat Dry Milk (25.6 oz. box)	1 per 2 mos.	1	2	2	3	3	4	4	NOTE: <u>No</u> substitutions with evaporated milk.
FATS, OILS, AND SWEETS									
Shortening (3 lb. can) or Vegetable Oil (48 fl. oz.) or Butter (1 lb. print)	1 per 2 mos. 1 per 2 mos. 2	1 1 3	2 2 6	2 2 6	3 3 9	3 3 9	4 4 12	4 4 12	NOTE: May be substituted on a pound-for-pound basis.
Corn Syrup (24 oz. plastic)	1 per 2 mos.	1	2	2	3	3	4	4	